

# Nurturing Survivors Forward:

A Survivor's Lens on Trauma-Informed Work During COVID-19

## The 4C's of Survivor-Informed Support



### Communication

- Create tangible means of virtual communicating with a survivor that prioritizes their safety above everything else through safety planning through confidential platforms.
- Ensure safety where survivors can feel seen, heard, and accepted fully during your work together through transparent and consistent communication.
- Support clients in setting boundaries.
- In the event the home or place of residence is unsafe, review the survivor's safety plan and discuss options.

### Care

- Quality of services should not change just because the location has changed.
- Increase network of support by identifying survivor-led groups / familiar or chosen familiar supports, and nurturing current interpersonal relationships.
- Practice self-care as a stakeholder and teach the client to do the same.
- Meet a survivor where they are in this moment.



### Collaboration



- Involve survivors in every aspect of their service provision and support planning. Allow survivors to create their own goals and guide the way in which those goals are executed.
- Practice transparency by being clear with the survivor about what is plausible during this time and what may need to wait.
- Support survivors in navigating the ship with you, rather than taking the lead on your own.
- Focus on building and maintaining rapport while working remotely together.

### Consistency

- Create a routine for virtual meetings in order to establish a sense of safety not only for the survivor but for the helping professional.
- Family dynamics at home may present challenges in a during service provision as services have moved virtually. Continue to maintain a level of mutual respect, care, and unconditional positive regard to create a safe environment in the session.
- Clear boundaries and limits need to be well enforced.



## Other Affirming Survivor-Informed Approaches

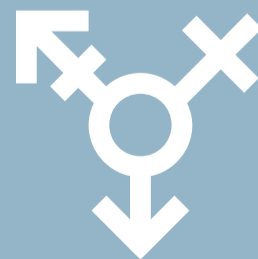
### Cultural & Historical Approaches



- Recognize the impacts that current political and social justice environments have on the state of a survivor's experience.
- Create safe spaces for BIPOC survivors to process and navigate the impacts of racial trauma.
- Continue education as a stakeholder to have a deeper understanding of racial trauma and what it means to be anti-racist.
- Use an interpreter instead of a household member when meeting.

### LGBTQ+ Approaches

- Assess the safety of a client's environment and how accessing services in the current virtual setting can be empowering or threatening to their identity within the LGBTQ+ community.
- Establish a level of understanding of what is safe to discuss and what is not within the client's home environment
- Seek an understanding of the client's family or living environment.
- With permission from the client, affirm and model empowerment for family members struggling with acceptance.



You Are More Than Inc. is a non-profit organization based in New Jersey with a mission to plant seeds of emotional wellbeing, educational growth and pathways to financial freedom for survivors of commercial sexual exploitation and domestic trafficking.

